

CDC Zika Update

What is Zika?

[Announcer] This program is presented by the Centers for Disease Control and Prevention.

Welcome to Zika Update, information you need about Zika. Today, we're discussing Zika basics. Zika virus disease, or Zika, is caused by infection with the Zika virus. The most common way people get Zika is through the bite of an infected mosquito. Luckily, not all mosquitoes can spread Zika. Two types of mosquitoes can spread the virus: *Aedes aegypti* and *Aedes albopictus*. These mosquitoes live many places throughout the world and also spread other mosquito-related diseases, like chikungunya and dengue.

Most people infected with Zika won't have symptoms and won't know they have it. If they do have symptoms, they're usually mild and include fever, rash, joint pain, or red eyes. We're concerned about Zika because it can cause birth defects and other health problems in babies born to women who were infected during pregnancy. In some people, infection with Zika can trigger Guillain-Barré syndrome, an uncommon illness of the nervous system. Researchers are working hard to learn more about the effects of Zika in pregnancy and the link between Zika and Guillain-Barre syndrome.

To learn more about Zika, visit [CDC.gov/zika](https://www.cdc.gov/zika).

[Announcer] For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.